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OTTAWA CURLER RACHEL HOMAN'S COACH EAVESDROPS ON HER TEAM, BUT ONLY TO HELP PAGE 21

Crimea votes to leave Ukraine

While celebrations were held in the Crimean capital, the U.S. and Europe condemned the ballot PAGE 8

Going the way of the penny?

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GAGA FREE

LIVE 88·5 FM

Moms hold 'flash feed nurse-in' at Ikea

Allegations. Retailer says woman's claims she was chastised for nursing are false

Eve-Joelle Lefebvre, left, and Rebecca Wurm join a 'flash feed nurse-in' at Ikea in Ottawa Sunday, to raise awareness about breastfeeding in public after a woman complained an Ikea employee called her "disgusting" for breastfeeding her baby at the store. JOE LOFARO/METRO

A mother says an Ikea employee called her disgusting for breastfeeding her baby, the store denies it, but more than a dozen nursing moms swarmed the store anyway.

Sitting on comfy couches of the Swedish retailer's living room section Sunday to raise awareness about the issue the women proudly nursed their children.

The so-called "flash feed nurse-in" was organized by two women who don't know Brea Rehder, the mom at the centre of the scandal. Rehder told The Ottawa Citizen a store manager made a negative comment about her breastfeeding and told her to nurse her child in the bathroom.

Ikea said, however, that it has gone through surveillance footage from the Pinecrest location and can't corroborate Rehder's version of events.

"She's told us that she paid cash, but we actually have a debit transaction from her," said Madeleine Lowenborg-Frick, an Ikea Canada spokesperson, by phone Sunday. "We have no doubt that her claim is completely false."

Rehder is sticking to her version, with CTV reporting she said in a Facebook message she had nothing to gain from making a false claim and had already returned a "care package" sent from the retailer.

The dispute over what happened didn't matter to Eve-Joelle Lefebvre, a mom to seven-month-old Celeste, who went to the store for the flash mob. Sunday's demonstration is much bigger than the alleged Ikea incident, Lefebvre said.

"It's about raising awareness about breastfeeding in public, that's what I'm here for," she said Sunday, while nursing her daughter. "It's a normal thing, it's a healthy thing, it's the best food for our babies. It's sterile, it's the perfect temperature and comes in pretty packaging. So, like, seriously. What's so wrong about that?"

Rebecca Wurm said she has been given dirty looks from others in the past while she nursed her daughter, Sabina, but has never had a confrontation. She came to Ikea Sunday to show her support of normalizing breastfeeding in public — something she said she has done at Ikea in the past without any problems.

"It's a human right for my daughter to eat where she wants to and not have to be under a piece of fabric or in a stinky public bathroom," she said.

Store manager Isabelle Auclair was also there Sunday with a handful of staff as shoppers curiously glanced over their shoulders as they walked past the crowded living room section.

"Moms are always welcome here and they will continue to be welcome here. They know they can breastfeed anywhere in the store," said Auclair.

JOE LOFARO/METRO

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Collision

Crash east of Ottawa kills one

A single vehicle collision in Clarence Township killed a 20-year-old Clarence-Rockland man, police say. OPP said Xavier Ladouceur-Rochon died when the 2002 grey Chevrolet Malibu he was driving left Henrie Road and ended up in a ditch. TANYA KIRNISHNI/FOR METRO

Up in flames

Residents displaced after kitchen fire

Residents safely escaped a kitchen fire at their Kanata row house Sunday but have been temporarily displaced after firefighters quickly extinguished the blaze. METRO

Investigation

Police asking for information about shooting

Ottawa police are investigating a shooting in the city's east end Thursday night that caused several car crashes. Police were called to the intersection of Heron Road and Jefferson Street at 7:52 p.m. after gunshots were fired in the area. Anyone with information is asked to contact the Ottawa Police Service Guns and Gangs section at 613-236-1222 extension 5050 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477 (TIPS). METRO

Girls get coaching from ex-Olympians

Scotiabank Girls HockeyFest. It started in Ottawa and now it's a national phenomenon

TANYA KIRNISHNI
ottawa@metronews.ca

Young players doing drills at last year's Scotiabank Girls HockeyFest. SEAN MCKIBBON/METRO

Young female athletes from across Ottawa will take to the ice at the Canadian Tire Centre under the guidance of former Olympic hockey players, Cassie Campbell-Pascall and Tessa Bonhomme at the 10th annual Scotiabank Girls HockeyFest next weekend.

The March 23 event will give 300 kids the opportunity to train with top Canadian female players from 11 a.m. to 6 p.m.

"The idea behind it was to have women athletes teaching the next generation of kids," says Diana Hart, Media Communications Officer for Scotiabank. Hockeyfest was started by the Ottawa Senators and has since spread to other cities across Canada.

"It's actually a great full-day training session," explains Hart. The kids spend the day doing drills on and off the ice while developing their teamwork skills. It's a chance for young players to get to know their peers while having fun on the ice.

Hart says it adds to the experience that the kids are able to skate on the same ice that professional teams like the Senators have skated on. Meeting an Olympian is also very important to these girls, says Hart. "It shows them how far you can go in a sport if you're dedicated."

"We want to be sure that these young athletes get the same opportunities as their counterparts," explains Hart. She describes the event as a wonderful opportunity to encourage the growth of women's hockey in Canada.

"We love hockey very much and it's very important for us to support the community," says Hart.

Man accused of stabbing Russian diplomat set to return to court Monday

A civilian member of the Canadian Forces will return to an Ottawa courtroom Monday on charges of aggravated assault stemming following the stabbing of a Russian diplomat.

Ottawa police charged Kevin Martin, 32, in the early morning hours Friday after responding to an incident in the 400 block of Stewart Street, in Ottawa's Sandy Hill community, home to many embassies and diplomat's homes.

Karina Holder, a spokesperson for the Department of National Defence, said Martin is a network systems operator with the Canadian Forces and joined as a Class A reservist in November 2012.

His lawyer, Michael Davies, said the Crown asked for more time to gather evidence before the matter was adjourned.

When reached by phone Sunday afternoon, a man who answered the phone at the Russian embassy in Ottawa only said, "Call back tomorrow, please," before hanging up.

The Ottawa Citizen reported Martin is of Ukrainian descent and lives in the same apartment building as the diplomat. JOE LOFARO/METRO

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Protesters gather outside the Russian Embassy in Ottawa Sunday to condemn a referendum held in Crimea. TANYA KIRNISHNI/FOR METRO

Ottawa protesters mark Crimean referendum with mock ballot

Controversial vote to secede from Ukraine. Outcome was a foregone conclusion, demonstrators say

TANYA KIRNISHNI
ottawa@metronews.ca

Men dressed up as soldiers stood beside a ballot box in front of the Russian Embassy in Ottawa in a mock version of the controversial referendum that took place in Ukraine's Crimea region Sunday.

The demonstration, organized by Maidan Ottawa — a local off shoot of the loosely organized EuroMaidan Ukrainian protest movement — took place Sunday afternoon, with dozens of protesters waving signs, holding flags while overseas official results of the vote indicated a majority of residents supported splitting the strategic peninsula from Ukraine to join Russia.

Local resident Miroslava Bilaniuk holds up a pretend referendum ballot. TANYA KIRNISHNI/FOR METRO

"There isn't anything legally or physically you can do so these protests are to raise awareness about the situation in Ukraine," said Miroslava Bilaniuk, who is of Ukrainian descent.

One of the protest organizers gave out instructions through a megaphone, "Don't worry if the ballot is already filled out, just drop it in."

The ballots being handed out read, 'Would you like to join Mother Russia? (Don't mind the troops)'. The only options printed on the ballot were yes and yes.

There was conviction among the protesters that the referendum had already been predetermined in favour of Russia.

"This protest is to show how the referendum is ridiculous," said Artur Denysenko, a native of Zaporizhia, Ukraine. To illustrate the questionable circumstances surrounding the referendum Denysenko was handing out fake bribe money with Putin's image to protesters as they approached the ballot box.

Denysenko talked about his Ukrainian friends who called up Russian friends to ask them what they thought of the situation in Crimea.

Quoted

"It feels like you're fighting with your hands and feet bound."

Local resident Miroslava Bilaniuk, who is of Ukrainian descent.

"They would say don't worry we're coming to rescue you from oppression," said Denysenko.

"Are you crazy, what oppression?"

Denysenko said Russian media is state-run and the truth is being distorted.

"Putin has had a lot of opportunities to back off, but what he is doing seems to me like someone out of touch with reality," said Bilaniuk.

She suggested that the time for debating options is over and that now there needs to be real action.

"It feels like you're fighting with your hands and feet bound," said Bilaniuk.

Protesters were handed fake ballots and "bribes" made of play "Putin Bucks." TANYA KIRNISHNI/FOR METRO

Pretend "Putin Bucks" were handed out at the protest by demonstrators who said the referendum on Crimean secession from Ukraine was unfairly influenced by Russia. CONTRIBUTED

A still from the Ottawa-produced movie Beauty Sleep. CONTRIBUTED

Scared of the 9-to-5 grind?

Beauty Sleep. Local filmmaker casts his lens on the quotidian

LUCY SCHOLEY
lucy.scholey@metronews.ca

An Ottawa horror filmmaker is focusing his lens on the scary 9-to-5 life.

Andrew J.D. Robinson is halfway through filming Beauty Sleep, a silent, surrealist take on banal, everyday work life, featuring creepy white masks, social anxiety and people attached to their cellphones.

"Some people are scared of dying or skydiving," said Robinson, 26. "To me, what really scares me, is banality. The film is really trying to poke at what we're all doing."

Mary Lynn, played by Maura Stephens, is a young professional who takes medication for social anxiety. When on these medications, she's shown wearing a mask, but when she accidentally dumps her pills in the toilet, she sees a more sobering view of the world through her own eyes. Are her bizarre, frightening visions a symptom of her disorder or are they reality?

With a running time of less than 20 minutes, the film also addresses society's reliance on technology vis-à-vis shots of other drone-like characters glued to their phones.

"It's like we're all part of the community, but very disconnected from the person beside us," said Robinson. "We're all kind of caught in this machine, of sorts."

This latest film venture is a sequel to Robinson's Beauty Marks, which was featured in the Ottawa International Film Festival in 2011.

Robinson said he's hoping to take Beauty Sleep to film festivals across Canada and the United States.

He's footing the filming costs with his minimum wage renovation contract work.

Mind-bending movie lovers should be able to see Robinson's film by Halloween.

Ray Park

Star Wars actor joins Comiccon

The dark side of the Force just got stronger in the capital with Comiccon organizers announcing Ray Park, who played Darth Maul in Star Wars Episode I: The Phantom Menace, Snakes Eyes in G.I. Joe, and sticky-tongued Toad in the first X-Men film will be coming to Ottawa.

He'll be attending all three days to meet fans, autograph items and partake in butt-kicking photo ops, organizers of the May 9-11 event said. METRO

Amnesia Rockfest. Bill includes Mötley Crüe, Weezer and Megadeth

The lineup has been announced for the ninth edition of Amnesia Rockfest and this time the June 20-21 outdoor metal festival in Montebello, Que. promises to be an adrenaline-filled bacchanal of head-pounding ferocity.

Among the 150 bands promised to be hitting the festival's stages are California punk-rock band Blink-182, dino rockers Mötley Crüe, alt-rockers Weezer, Alice in Chains, Megadeth, Canadian neo-punk punk band Billy Talent and the inimitable bass-thundering Primus.

Blink-182 at the Teen Choice Awards in 2001.
LUCY NICHOLSON/THE ASSOCIATED PRESS FILE

Also on the bill are Joan Jett, Reverend Horton Heat and NOFX. METRO

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Families of fallen reflect on loss

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mission that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." THE CANADIAN PRESS

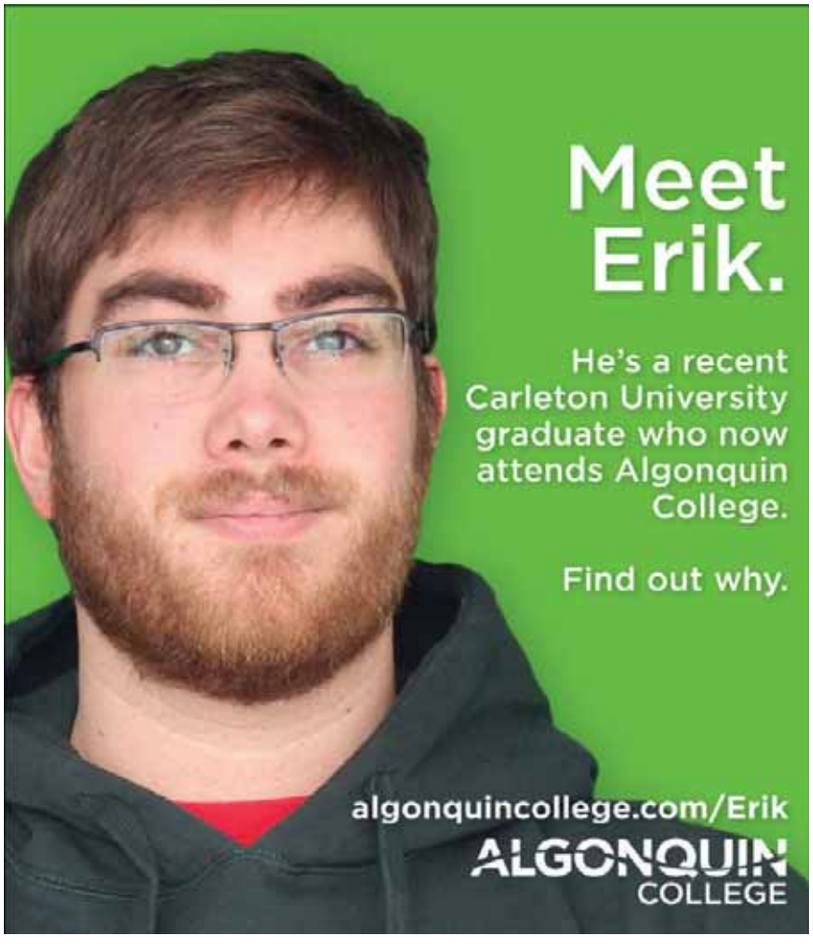
A mother's loss

'Were we fighting a losing battle?'

Other families, including Anne Snyder — whose son, Capt. Jon Snyder, died at age 26 in 2008 — wonder if the Afghans wanted the West there at all.

"Were we fighting a losing battle?" said Snyder, of East Jeddore, N.S. When she sees the persistent, grinding poverty of the Afghan people and unabated violence, including last week's bloody attack on the Kandahar intelligence headquarters, Snyder says you can't help but ask questions.

"I don't want to think my son died for nothing," she said.



Investigation of CSEC reveals ethics breaches

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American intelligence contractor Edward Snowden.

Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government. THE CANADIAN PRESS

John Forster, chief of CSEC
THE CANADIAN PRESS FILE

Father and son killed in Banff park avalanche

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says RCMP requested the aid of Parks Canada Search and Rescue personnel to help look for the two on Saturday afternoon.

Hunt says a Parks Canada team found a partially buried toboggan in the avalanche debris.

It helped searchers locate the victims at the base of Mount Fairview on the shore of Lake Louise.

Mounties say the man, 33, and his son, 11, were from Montreal and may have been buried for almost a week.

Const. Phil Caza said that after searchers found the toboggan partially sticking out from the snow, dogs were used to pick up the scent of the missing father and son and their bodies were then dug out.

THE CANADIAN PRESS

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Crimea votes overwhelmingly to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Europe condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

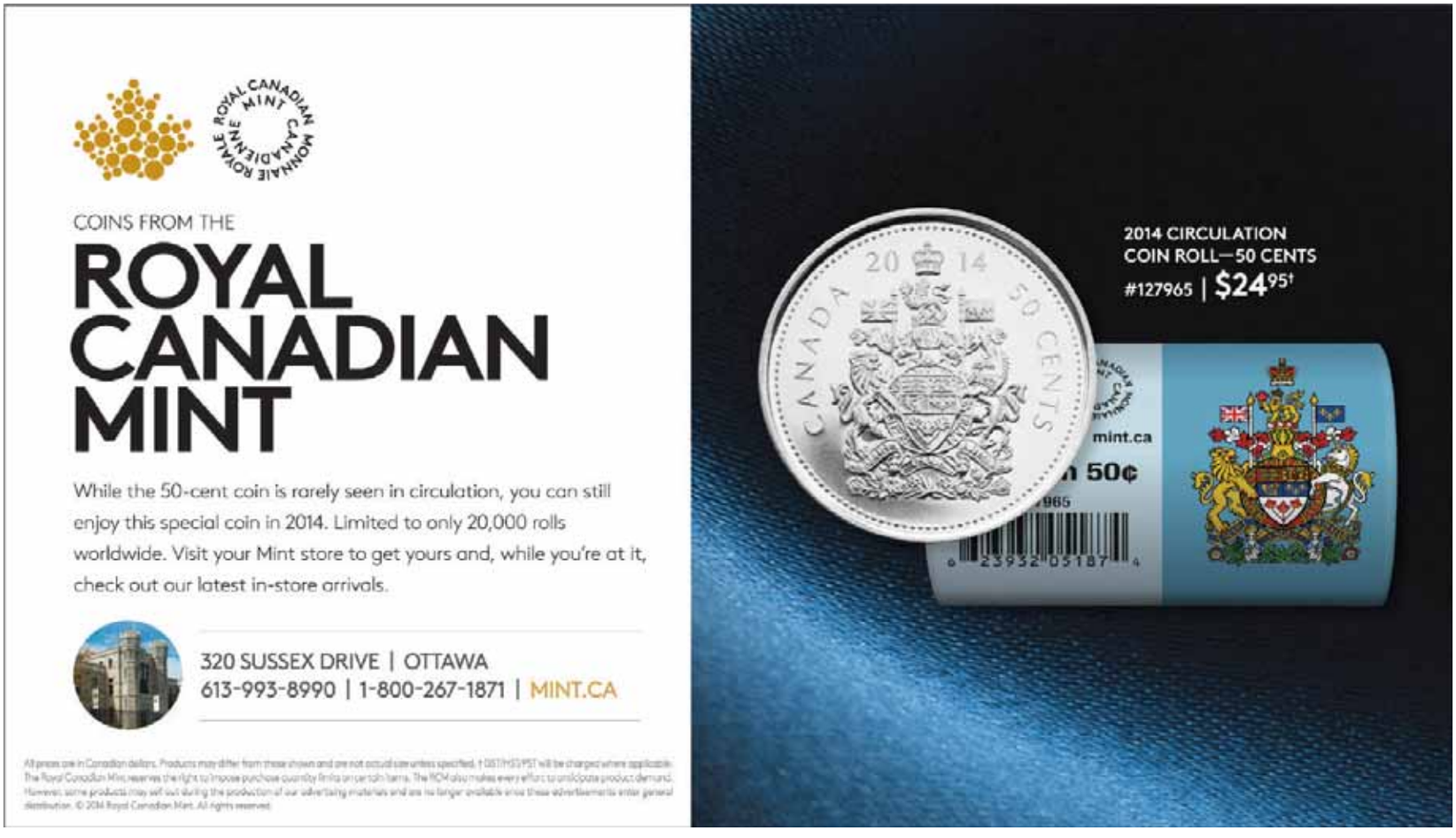
But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

THE ASSOCIATED PRESS

Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS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New York. Congregation mourns members' deaths in Harlem explosion

As workers tried to clear away the last of the rubble that once was two New York City apartment buildings, a pair of congregations gathered to mourn Sunday — one for its lost church and one for two members who lost their lives in the massive explosion.

At Bethel Gospel Assembly, tears mixed with the sounds of gospel music as the church remembered Griselde Camacho and Carmen Tanco, two of the eight people killed in the massive East Harlem explosion that levelled a pair of five-story buildings on Wednesday. THE ASSOCIATED PRESS

N.Y. Mayor Bill de Blasio, left, and Al Sharpton at Bethel Gospel Assembly Sunday. THE ASSOCIATED PRESS

Jeffrey Sinclair

U.S. general to avoid sex-assault charges with plea

Defence attorneys say an U.S. Army general has agreed to a plea deal that includes the dropping of sexual-assault charges against him.

A news release Sunday from lawyers representing Brig. Gen. Jeffrey Sinclair says that he will plead to lesser charges in exchange for having the sexual-assault charges dropped along with two others that might have required Sinclair to register as a sex offender. THE ASSOCIATED PRESS

Lost plane's disappearance may have been intentional

A woman leaves a message for missing Malaysia Airlines passengers at a shopping mall in Petaling Jaya, Malaysia, Sunday. LAI SENG SIN/THE ASSOCIATED PRESS

Malaysia Airlines. Someone on board missing flight disabled communication systems, investigators say

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even though one of the plane's communications systems had already been disabled, officials said Sunday, adding to suspicions that one or both of the pilots were involved in the disappearance.

Authorities also examined a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications Addressing and Reporting System (ACARS) — about 40 minutes after takeoff. Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

On Sunday, Malaysian Defence Minister Hishammuddin Hussein told a news conference that the final, reassuring words from the cockpit — "All right, good night" — were spoken to air traffic controllers after the ACARS system was shut off. THE ASSOCIATED PRESS

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Nigeria. Muslims attack Christian settlers; more than 100 people killed

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians. Hundreds of thatched-roof huts were set ablaze.

Thousands have been killed in recent years in competition for land and water between mainly Muslim Fulani herdsmen and Christian farmers across Nigeria's Middle Belt. More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief Nuhu Moses said Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

Local government acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages Friday night. The Southern Kaduna Indigenes Progressive Forum blamed the government for failing to take action.

THE ASSOCIATED PRESS

Moonshine from China?

Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the Far East have died of apparent methanol poisoning after drinking counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, around an hour's drive from the village. Investigators say a 49-year-old resident of the village has been detained, suspected of selling the liquor. THE ASSOCIATED PRESS

Egypt's crackdown brings most arrests in 20 years

Ousted Egyptian President Mohammed Morsi, centre, arrives for a trial hearing in Cairo in November 2013. EGYPT'S INTERIOR MINISTRY/THE ASSOCIATED PRESS

Systematic beatings. Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-up in nearly two decades, according to previously unreleased figures from security officials. Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood.

The count, which is consistent with recent estimates by human rights groups, was based on a tally kept by the Interior Ministry. It includes hundreds of women and minors. THE ASSOCIATED PRESS

Election 'farce'

Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.

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Stick a fork in bitcoin, it's done?

HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at $30 US three years ago and hung on past the 2013 $1,250 US peak to today's price at around $650 US, you've still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However, economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS, teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture." Cold storage for currency? OK, moving on.

Both firms promise to bring security, regulation and liquidity to the bitcoin world. Right now digital currency is housed in the world of cloud computing, making it highly vulnerable to hackers. And with every theft or hint of scandal, bitcoin prices take a wild ride making it almost useless for spending and leaving it in the realm of speculators.

Cybercurrency graveyard

- **OS-Gold, Standard Reserve, INYGold, e-gold, 1mdc, e-Bullion (digital gold currencies.** 1996-2004 (all were fraudulent)
- **DigiCash.** 1990-1998
- **CyberCash.** 1994-2001
- **Beenz.** 1998-2001
- **Flooz.** 1999-2001
- **Internetcash.com.** 1999-2001
- **QQ coins.** 2000-2002
- **Linden Dollars.** 2008
- **Bitcoins.** 2009 - ????

Sap-rilege: Cold may mean less nectar of the gods this season

Paul Boulanger tosses wood in to fire up the sap evaporator at the Turtle Lane Maple sugar house in North Andover, Mass., last week. Maple syrup season is finally underway in Massachusetts after getting off to a slow start because of unusually cold weather. The season starts at the end of February in a typical year. But despite being well into March, temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees, said Winton Pitcoff, co-ordinator for the Massachusetts Maple Production Association. But it's too soon to say whether the late start will affect the overall maple season, which ends in April, Pitcoff said. ELISE AMENDOLA/THE ASSOCIATED PRESS

Bank of Canada

Worries of disinflation gaining steam

Does Canada still have a too-low inflation problem?

This Friday's inflation reading for February has some economists predicting the Statistics Canada report will show the annual consumer price index falling below one per cent.

THE CANADIAN PRESS

Riddle me this...

Is a blimp a blimp if it has a semi-rigid skeleton?

The next generation of the Goodyear blimp is getting ready to take flight as the company moves toward replacing its old fleet of airships with a new trio.

The new airship has a semi-rigid internal skeleton, a feature that wasn't present in earlier models and raises questions about whether it is truly a blimp.

THE ASSOCIATED PRESS

ICANN

U.S. letting go of hold on Internet address system

The U.S. government is relinquishing its control of the Internet's address system in a shift that may raise questions about the future direction of online innovation and communications.

The decision announced Friday begins a long-planned transition affecting the stewardship of the Internet Corporation for Assigned Names and Numbers, or ICANN. That's a not-for-profit agency launched in 1998 by the U.S. Commerce Department to govern the system that assigns website addresses and directs Internet traffic.

Although other countries have had a say in how the Internet is run, the U.S. government retained veto power over ICANN.

The Commerce Department hopes to end its ICANN oversight by the time its contract expires in September 2015.

Proposals for a new ICANN stewardship will be accepted beginning next week at a conference in Singapore.

THE ASSOCIATED PRESS

Taken off around globe. Commercial drones grounded in U.S., for now

A drone landing after flying over the scene of an explosion in East Harlem in New York last week. THE ASSOCIATED PRESS FILE

The U.S. government bars commercial use of drones, no matter how seemingly benign.

But already, photographers, real estate agents, moviemakers and others are hurrying to embrace the technology.

The use of commercial drones is starting to spread to countries where authorities have decided the aircraft presents little threat if operators follow a few safety rules.

U.S. officials say rules to address the special safety challenges associated with unmanned aircraft need to be in place before they can share the sky with manned aircraft.

But final rules could be years away for small drones, which are defined as those weighing less than 55 pounds.

The drone industry and some lawmakers worry that the United States will be one of the last countries to gain the economic benefits of the technology.

THE ASSOCIATED PRESS

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COMPARISON SHOPPING THE CAPITAL

URBAN COMPASS

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It doesn't appear MoneySense magazine will soon be returning to Mayor Jim Watson's talking points about Ottawa.

From 2010 to 2012, Ottawa topped the magazine's ratings of best Canadian cities to live in, based on economic factors like affordability, employment and household wealth, as well as quality-of-life measures like crime, weather and access to health care. Ottawa didn't so much excel in particular areas as score decently across the board.

When we were on top, the mayor was fond of dropping the first-place finish into his public addresses, perhaps as an implied seal of approval on his stewardship (though Larry O'Brien had presided for most of 2010).

Last year, though, as housing affordability decreased and employment took a hit, we sank to sixth place — still not bad, Watson pointed out, but MoneySense references disappeared from his speeches. Last week, we were back up to No. 4 on the magazine's urban hit parade, but I don't predict that will get many mentions on the re-election trail.

It's possible, as it seems to me, that Ottawa's exactly as good a place to live in 2014 as it was in 2013 or 2012, but it would be hard for MoneySense to get much buzz if it published the same list year after year. Some cities must rise, and some must fall.

We took other modest honours last week, with most of one thumb up from Walk Score, an American organization that promotes more walkable neighbourhoods. In a survey of city transit systems across Canada, Walk Score rated OC Transpo fifth overall.

Top ratings went to Toronto's TTC, with a score of 78 out of 100, putting the system in the low end of "excellent." That rating also puts Toronto ahead of most of North America, with only New York (81) and San Francisco (80) scoring better. As far as Walk Score is concerned, there is no "world-class" (90 or better) citywide public transit on the continent.

Let us, for the sake of our civic self-esteem, keep these lofty standards in mind as we go down the list to Ottawa's fifth-place showing, with a score of 49, one point short of "good." According to the ratings, we have "some" transit. You can safely bet the mayor won't be waving this endorsement around.

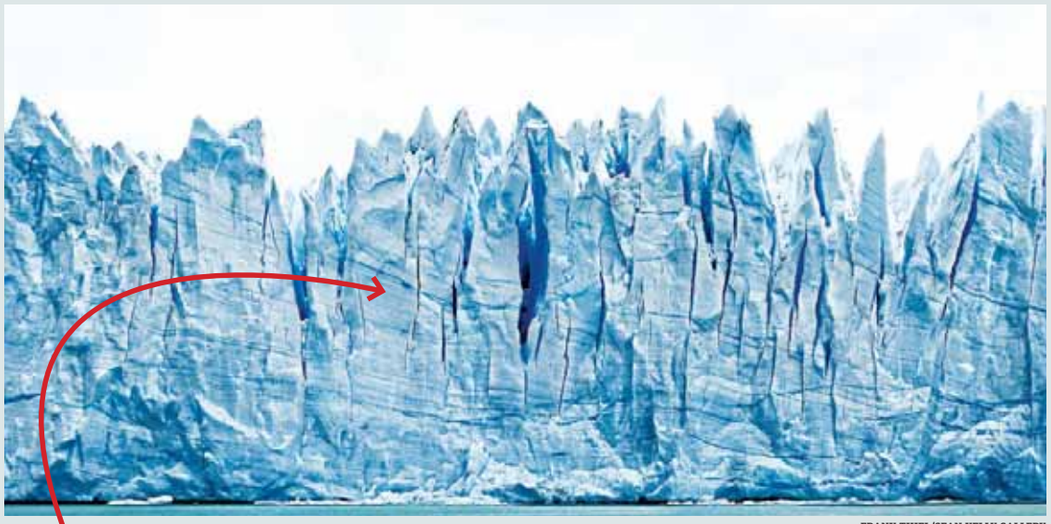
It matters where in Ottawa you are, with ratings declining in general the further out from the city core you go. Downtown Somerset ward scores 86 (excellent), Alta Vista 62 (good), Kanata North 44 (some), all the way out — and down — to Osgoode, with a rating of two out of 100 (minimal).

Numbers are nice, but to really get at how transit's working you have to ask those who actually use it, and OC Transpo, sensibly, does this regularly. They present their 2013 customer survey results to the transit commission Wednesday.

The question for Transpo riders, after all, isn't how their ride stacks up to the one they're not taking on the TTC, but how it competes with driving, cycling or walking. Ridership numbers, in slow decline for the past two years, seem to indicate that more have been voting with their feet, pedals or keys.

ZOOM

The Great Wall of Patagonia



FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia's grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

'Magical and fragile'

FRANK THIEL
Photographer, 47, based in Berlin

What does your powerful photograph tell us?
It says that nature is the greatest artist alive. With my photo I want to show the glaciers' physical forms and their endless variations of blues, whites and greys in unknown detail. The picture celebrates a beauty that's both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying.

This place looks surreal ...
But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it's not part of our collective treasure trove of human experience and is older than any living creature on our planet.

What was it like to work in such an environment?
Reliable weather forecasts do not exist out there so you're in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait

ANDREW FIFIELD
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A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:
Short, in-depth lessons on the history or mechanics of a staggering variety of topics. The Spanish Inquisition? Check. Jack the Ripper? Why not? Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:
Part comedy show, part permanent tangent into pop-culture history with very funny people you've probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up "Weird Twitter," Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:
An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize the former.

@Craig_F: I think they're a great idea saves me so much time in figuring out it's a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you're miserable; dress for the job you want, not the job you have!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Ebooks

Captain America: The Winter Soldier

By. Ed Brubaker/ Marvel Unlimited

iPad/iPhone/Android

MIND THE APP
Kris Abel
@RealKrisAbel
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A new concept for digital comics, adaptive audio is a music soundtrack that changes tempo to match your speed in turning pages. Added sound effects are triggered by panels and the result is that scenes with text build in anticipation while fights move with intensity. It's your narrative, because there are no voices, so your imagination remains in control.

Winter is coming

Game of Thrones' creators say they can predict the (unwritten) future

The hit Game of Thrones TV series is only reaching its halfway point, but it seems the end is becoming clear. Or at least clearer.

In an interview with Vanity Fair, show co-creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of A Song of Ice and Fire, the series of novels on which the show is based — so they have a pretty good idea of how the story will eventually end. But they can't be entirely sure because Martin hasn't finished writing the last two books in the series.

Still, they're now convinced the TV series will only run for three or four seasons more and they've got a plan to get there.

"For most of the major characters, we know the vicinity of where they're headed, for the most part. And it's just the idea of it barrelling toward some conclusion as opposed to just rolling down the road," Weiss says. **THE CANADIAN PRESS**

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation … that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule to go to the smaller markets in South Carolina, the Columbias, you know the (places) that don't get attention. But those are the places where I remember making my first $5,000 shows from, so I still go to those places."

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.... You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die." **THE ASSOCIATED PRESS**

Lil Wayne says Tha Carter V will be last solo effort

Lil Wayne said during an appearance at South by Southwest that he plans to make Tha Carter V his last solo album and that the first single from the still-in-progress LP will be out in the next week.

"I'm approaching it like it is my last project, and I think that's why it's a lot different than everything else," Wayne said.

Tha Carter V is one of the most anticipated albums of the year. Tha Carter IV sold nearly one million albums the first week of its release in 2011.

Wayne, 31, said he's been taking his time with the album, trying to diversify his subject matter after interviewer Elliott Wilson joked that most of his songs centre around one thing: sex.

"What you want me to talk about? The world?" he said, drawing laughter from the audience.

Wayne said he once wanted to be known as the greatest rapper in the world, but has softened his stance with age and perspective. Of Kendrick Lamar, he said, "Ain't nobody touch that dude."

Quoted

"I'm working harder. I'm approaching it a whole lot different. I'm approaching it as if you don't have tomorrow."

Lil Wayne
on completing Tha Carter V

And he praised the artists on his own Young Money label. He called Drake "a wonderful person" and said Nicki Minaj is not just the best female rapper out there, but the best rapper.

Wayne also said the jail journal full of notes he took during his stay at Rikers Island in New York on gun charges is being turned into a book.

Asked about his legacy as he nears his self-imposed retirement at the age of 33, he said he'd prefer folks to think of him as a beloved figure.

"I would just say I'd like to be remembered as a good spirit, a good soul, like a Willie Nelson ... like a Snoop Dogg," Wayne said. **THE ASSOCIATED PRESS**

SCENE

Tyler, the Creator ALL PHOTOS GETTY IMAGES

Rapper pushes fans to be pushy, law enforcement pushes back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanour charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a $25,000 US bond. Police say the 23-year-old Los Angeles resident incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity. Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

Angelina Jolie

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke$ha?

STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke$ha changes her Twitter name to Kesha. "Waste not, want not," says Kim Karda$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.

Diogo Morgado, who plays Jesus in the movie Son of God, will reportedly next play the devil on the TV show The Messengers. And then, when he's done with all the major roles in Christianity he has his sight set on young, muscular Buddha.

Justin Bieber and Selena Gomez are back together after Justin reportedly sent Selena $10,000 worth of flowers. However, insiders also say that she was very impressed with how hot and masculine he was when he viciously bullied a court reporter at his recent deposition.

A friend sneaks vodka into Katy Perry's kale juice. That sounds like the best idea since not drinking kale juice.

Johnny Depp and Amber Heard

Looks like it's official for Johnny and Amber

Former Rum Diary co-stars Johnny Depp and Amber Heard are set to tie the knot, and they made their intentions clear Friday night with a big engagement party for friends and family in downtown Los Angeles, according to Radar Online.

Among the 100 guests were Mandy Moore, Jerry Bruckheimer, Marilyn Manson, and Aerosmith front man Steven Tyler, as well as Depp's 11-year-old son, Jack, and mother, Betty Sue. Depp and Heard are expected to marry sometime this summer, sources say.

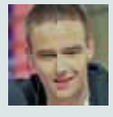
Rob Lowe

Rob Lowe recalls that time he didn't get to sleep with Madonna

According to Rob Lowe, he totally could have scored with Madonna back in 1984 — until he screwed it up by being a stick in the mud. In his new memoir, Love Life, Lowe recounts hanging out with the Material Girl at L.A.'s Palladium and everything seemed to be going smoothly. "Madonna and I were discussing where we would sneak off to at the end of the evening when she suddenly jumped up and said, 'Let's dance!' 'You're crazy,' I said, half meaning it," he writes, explaining that at that point Madonna got defensive: "'No I'm not,' she said. 'I'm just not going to let success f— up my fun.'" And that was the end of it.

Twitter

@kerrywashington
That's a wrap!!!!! Heading home... #scandal



@Real_Liam_Payne
Back to worrrrkkkkkkk!!! Feels like 1st day of school... Ready for the social not for the work aha

@oliviawilde
There's an abandoned pair of men's underwear in our elevator. I shudder at all possible explanations.

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People often tell me they can't find the money to save. Really? Not even $1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved $6 at the grocery store by being a savvy shopper, take that $6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping $3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another $3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by $10 a month and now you have enough to start a savings plan. Cut it by $30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

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Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q I just bought my first home. What can I claim?

A I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about $750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

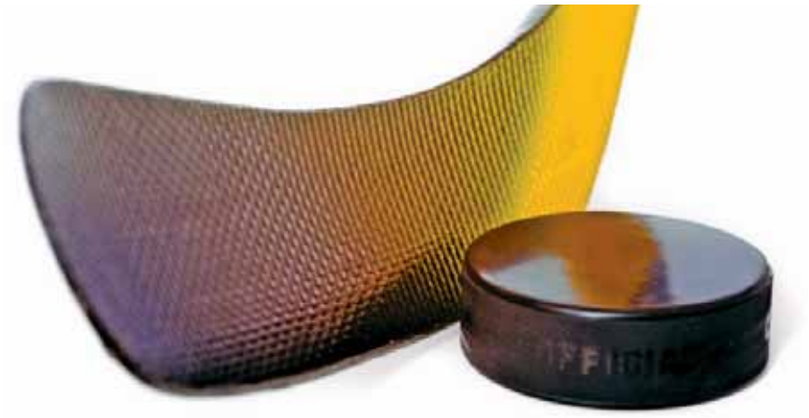
A Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

Visit *hrblock.ca* for a location near you

Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by $4,000, while Carolina and Jose have improved theirs by $1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK

Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of $500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than $1,000 each month, they will pay $800 on debt and put $200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently $70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining $500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently -$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES IN APRIL.

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Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?

We asked you!

@metropicks: What do you think of dress codes in the workplace? Good or bad idea and why?

@CoryHaller
Bad Idea. Stifling your employees fashion sense throws all hopes of company culture out the window in favour of a company regime

@JuleFlower
good idea. Lululemon pants, flipflops, beer tshirts. A professional workplace is not the gym or beach

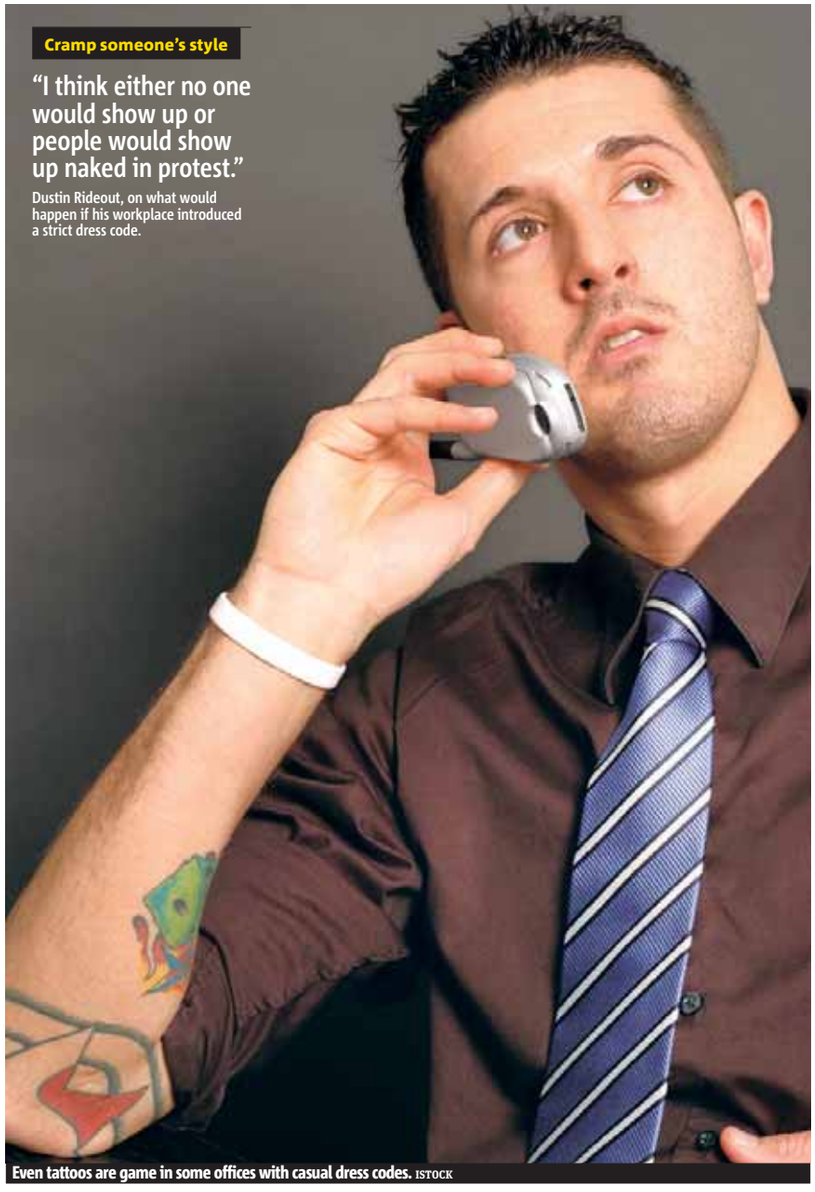
@RealBritbird
Teach children to dress appropriately by wearing school uniforms, as adults, no dress codes would be needed

@award376
great idea it promotes unity and consistency. And most of all eliminates the chance inappropriate attire.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.



Even tattoos are game in some offices with casual dress codes. ISTOCK

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Keeping your small business cybersafe

Security. A few simple measures can shield a company from falling victim to online fraud

Tablets and other mobile devices can be great tools for sales teams, but they're also vulnerable to theft and fraud. ISTOCK

With the increasing use of mobile devices and the prominence of social media in our lives, cybercrime poses serious security risks, especially for small businesses. In 2013 alone, cybercrime has cost Canadians $3 billion US according to a recent Norton report.

"Being cybersafe is a practice that should be part of a company's regular operations," says Paul T. Ryan, chief technology officer for Yellow Pages Group, a company that provides digital media and marketing solutions to Canada's small businesses.

"Small business owners may believe that they are too small to be targeted by cybercriminals, but the fact is that they're a huge target because of their often less robust security systems," says Ryan.

Ryan suggests implementing a few security measures for small businesses that are looking to protect themselves against cyberfraud:

• Tablets and smartphones are great tools for sales teams but, because of their size, they are a target for both theft and fraud. Always protect your devices with a password, frequently back-up your data, and install security, encryption, and locator apps to protect sensitive business information. Most importantly, don't access private information on free Wi-Fi networks, as they often aren't very secure.

• With the growing use of mobile comes the move to cloud computing. It's great for data storage, as well as for marketing and sales, but this means that you're storing your data online, outside your business and sometimes outside the country. Protect yourself by using a service that allows you to encrypt information before uploading or sharing and by only giving access to a limited number of people in your organization. Don't forget to do your research before choosing a service provider: read their legal terms, know where your data is being stored and make sure their service fits your security needs.

• Social media sites provide another marketing tool for small businesses to reach their potential customers, but they're also easy targets for hackers looking to get access to private business information. If you're using social media to promote your business, select only a small number of individuals who can post on your company's behalf.

Also, it's important to use the site's privacy controls, ignore requests for sensitive business information and continue to be on the lookout for spam posts. NEWS CANADA

High cost of cybercrime

$3B

In 2013 alone, cybercrime has cost Canadians $3 billion (in USD) according to a recent Norton report.

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Smarten up your table with bow tie pasta, red bell pepper pesto, chicken and pine nuts

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and protein.

I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly browned. You can make up a batch and freeze for later use.

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

Ingredients

- 8 oz boneless skinless chicken breast

Pesto
- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta
- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F, about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If too thick, add more stock.

3. Meanwhile cook the pasta just until al dente about 8 minutes.

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

Nutritional information

- Calories 409
- Carbohydrates 47 g
- Fibre 5.8 g
- Protein 22.5 g
- Total fat 16.5 g
- Saturated fat 3.2 g
- Cholesterol 37 mg
- Sodium 414 mg

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves four. ROSE REISMAN

Hail the Kale Caesar Salad and Scallops

If Popeye was around today he might feel somewhat threatened that kale is pushing spinach out of the limelight.

Instead of romaine lettuce in this classic salad, I'm using baby kale, which is available in most supermarkets. It's washed and packed for easy use by the company Earthbound.

Kale is a true super food. It's low in calories, high in fibre, iron, vitamins K and C and calcium. It's also filled with antioxidants and considered an anti-inflammatory food. To eliminate the high calories of traditional Caesar dressing, I use a combination of olive oil and lower fat mayonnaise which cut the calories and fat considerably.

I prefer the large sea scallops to bay scallops because they have a better texture and flavour and won't overcook as quickly. This variety of seafood is a great source of low-fat protein, and loaded with vitamins and minerals.

Directions

1. Place kale on a large platter.

2. In non-stick skillet sprayed with vegetable oil sauté scallops for about 3 minutes per side or just until cooked through. Do not overcook.

3. Caesar dressing: Whisk 2 tbsp cheese, mayonnaise, olive oil, water, lemon juice, garlic and mustard until smooth or purée in small food processor.

4. Pour dressing over kale, toss the salad well and garnish with 1/2 cup cheese and scallops.

ROSE REISMAN

Ingredients

- 8 cups baby kale
- 8 large sea scallops

Caesar dressing
- 2 Tbsp grated Parmesan cheese
- 2 Tbsp reduced-fat mayonnaise
- 3 Tbsp olive oil
- 3 Tbsp water
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard

Garnish
- 1/2 cup grated or shaved parmesan cheese

Sochi 2014

Canada strikes its golden goal

Canada succeeded in attaining its lofty goal at the Sochi Paralympic Winter Games.

Two podium-topping performances on Sunday's final day of competition ensured the Canadian Paralympic Committee's benchmark of finishing in the top three in gold medals was met.

It didn't look all that likely heading into the weekend.

Canada picked up golds from para-alpine skier Mac Marcoux and the wheelchair curling team on Saturday.

Canada finished with seven gold, two silver and seven bronze, good for fourth overall in total medal count.

Russia topped the standings with an eye-popping 80 medals —including 30 gold — while Ukraine was second with 25 total medals.

A series of high-profile retirements after a 2010 Vancouver Paralympics that saw Canada win 19 medals, including 10 gold, gutted the team's podium experience, but a mix of veterans and youth stepped up in a big way. THE CANADIAN PRESS

Canadian fans cheer our wheelchair curling team to a gold-medal victory on Saturday. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Brian McKeever of Canada and guide Erik Carleton are awarded gold medals for their victory in Sochi, Russia, on Sunday. MARK KOLBE/GETTY IMAGES

Symphony on skis in Sochi

Paralympic Games. McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murygin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta., to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi.

THE CANADIAN PRESS

Rachel's rink coming in loud and clear

Ottawa's Rachel Homan delivers the rock against the Czech Republic at the world championships in Saint John, Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Rachel Homan's curling team took talking to a new level this winter.

Coach Earle Morris listened in on their conversations via headphones to help the four women make every word count on the ice.

Curling teams wear microphones when they are the featured game on national television, so viewers can hear their interaction.

But Morris also listened in on their World Curling Tour games at curling clubs where teams didn't wear microphones for television in Calgary's Autumn Gold Classic in October for example.

The point of Morris's eavesdropping this season was to help Homan, third Emma Miskew, second Alison Kreviazuk and lead Lisa Weagle communicate effectively and consistently no matter what the game's stakes were.

The Ottawa Curling Club foursome won their second game in a row at the Ford World Curling Championship on Sunday with an 8-4 victory over Anna Kubeskova of the Czech Republic.

Canada stole two points in the second end and scored deuces in the fourth, seventh and ninth ends. The Czechs shook hands after the ninth.

The host country was tied at 2-0 atop the standings with Switzerland's Binia Feltscher and Alison Pottinger of the U.S. The Canadians were to meet the Swiss in the evening draw.

Sweden's Margaretha Sigfridsson, Russia's Anna Sidorova and Ji-sun Kim of South Korea were all 2-1.

THE CANADIAN PRESS

Sens crash and burn during weak weekend

NHL. After earning just one point against Habs, Senators get smothered by Avalanche

Erik Johnson, left, of the Avalanche checks the Senators' Colin Greening into goaltender Semyon Varlamov at the Canadian Tire Centre on Sunday.
FRED CHARTRAND/THE CANADIAN PRESS

The Ottawa Senators said they needed four points this weekend to make a serious playoff push.

After an overtime loss Saturday in Montreal and a 3-1 defeat on home ice to the Colorado Avalanche, the Senators walked away from their weekend games with just one point.

"It was a big weekend for us and we lose both games," said Senators captain Jason Spezza. "We played good but it's a different way to lose every night and results are the only thing that matter right now.

"We didn't turn the puck over much, we created a lot, but again, it just wasn't enough to win the game and it's unacceptable."

Andre Benoit, Nick Holden and John Mitchell scored for the Avalanche (44-19-5) while Matt Duchene had two assists as Colorado picked up its third win in four games, and seventh in its past nine.

Semyon Varlamov made 38 saves. The Colorado goalie was just six seconds away from his second shutout of the season and 13th in his career when Mika Zibanejad scored.

Robin Lehner made 19 saves in his second straight start for the Senators (28-26-13) since Craig Anderson was injured last week in a loss to the Nashville Predators.

"Response to the game (Saturday) was positive," said Senators coach Paul MacLean. "A lot of the statistical things were positive, but at the end of the day it's the score that matters and we gave up three goals and only scored one.

"We created opportunities to score but I don't think we got to their net as hard as we could have and we missed the net a number of times."

Nursing a 1-0 lead heading into the third period, the Avalanche were awarded their first and only power play of the game when Ottawa forward Chris Neil closed his hand on the puck and was called for delay of game.

On Sunday

Avalanche	Senators
3	1

Duchene took a shot during the man advantage that Lehner stopped but the rebound went right to Holden, who was alone at the side of the net and scored at 3:10.

The Senators pressed throughout the period, but the game was virtually over when Mitchell beat Lehner from in tight with less than three minutes to go in the game.

Benoit's goal in the second period was his fourth in his last night games.

"It's always fun to score against an old team and I had lots of family and friends here," said the former Senator who is from St. Albert. "Hopefully they keep going in.

"It was a big game and we were able to get a win. We have to keep this going now."

THE CANADIAN PRESS

Canucks goalie Eddie Lack celebrates the win. JOEL AUERBACH/GETTY IMAGES

Déjà vu? Canucks make Lu think he's going to win then score in shootout

Nicklas Jensen scored in the first period and added the only goal in the shootout as the Vancouver Canucks earned a 4-3 victory over former goalie Roberto Luongo and the Florida Panthers on Sunday.

Alex Burrows had a goal and two assists and Dan Hamhuis also scored for the Canucks. Eddie Lack made 26 saves.

Jimmy Hayes scored two power-play goals for the Panthers. Vincent Trocheck also scored and Luongo stopped 29 shots.

Luongo faced his former team just 12 days after being traded from the Canucks to the Panthers on March 4. Luongo is 2-3 since joining the Panthers.

Lack stopped all three shots in the shootout and won against Luongo, his former teammate.

The Canucks won for just the fourth time in 17 games and are 3-4 since they traded Luongo.

Luongo was dealt along with forward Steven Anthony to Florida in exchange for goalie Jacob Markstrom and forward Shawn Matthias. This is Luongo's second stint with the Panthers, whom he played for from 2000-06.

THE ASSOCIATED PRESS

March Madness

Seedings leave many scratching their heads

The surprises start right at the top of the NCAA tournament bracket: Virginia is a No. 1 seed.

They keep going throughout the matchups. Last year's national champion, Louisville, was seeded fourth in the Midwest despite playing well enough to be considered a No. 1 by many.

And speaking of that Midwest region — Wichita State and Michigan are there as well, making it three of last year's Final Four participants all vying for one spot this year.

SMU, the team led on a renaissance by coaching lifer Larry Brown — nowhere to be found. And Michigan State, the team that geared things up in time to win the Big Ten tournament, is only a No. 4 seed.

The tournament begins Tuesday with a pair of First Four games, and things get going in earnest Thursday when 32 of the 64 teams in the main draw take to the floor. THE ASSOCIATED PRESS

MLB spring training

Jays rally to win in extra inning

Jonathan Diaz beat a throw to the plate to complete a 10th-inning Toronto comeback as the Blue Jays rallied to defeat the Baltimore Orioles 4-3 in Grapefruit League play Sunday.

The win snapped a four-game spring losing streak for the Jays (7-10).

The Jays also trimmed down their spring roster, optioning pitchers Kyle Drabek, Chad Jenkins and Sean Nolin to triple-A Buffalo. THE CANADIAN PRESS

Successful debuts

"It's only one game. We're mindful of that. We still have a long way to go, a lot of work to be done.... Today is a good step for us."

Toronto FC midfielder Michael Bradley after a 2-1 win in the season opener against the Sounders in Seattle on Saturday. Bradley was a standout along with fellow Toronto newcomer Jermain Defoe, who had two goals in his MLS debut.

Horoscopes

♈ Aries
March 21 - April 20
The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

♉ Taurus
April 21 - May 21
Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

♊ Gemini
May 22 - June 21
If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

♋ Cancer
June 22 - July 23
There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

♌ Leo
July 24 - Aug. 23
Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

♍ Virgo
Aug. 24 - Sept. 23
You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

♎ Libra
Sept. 24 - Oct. 23
You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

♏ Scorpio
Oct. 24 - Nov. 22
You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

♐ Sagittarius
Nov. 23 - Dec. 21
Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

♑ Capricorn
Dec. 22 - Jan. 20
A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

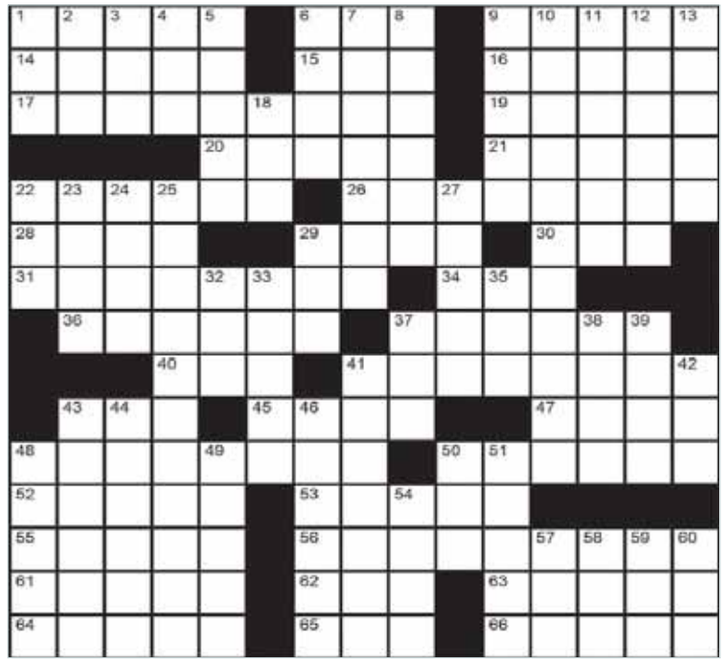
♓ Pisces
Feb. 20 - March 20
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

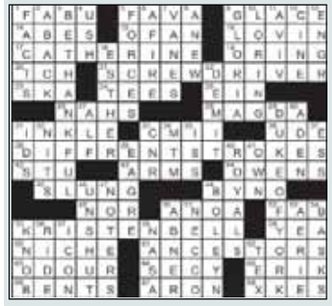
BY KELLY ANN BUCHANAN



Across
1. March 17th's star, St. __
6. Sci-Fi beings
9. __ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the __"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. __-dokie
48. 1983 U2 album: 'Under a __ __ Sky'
50. Too: 2 wds.
52. Metamorphosis-izer
53. Fashion designer, Geoffrey __ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to __
61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

Down
1. Tabloid's photos-supplier
2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device
9. __ _ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. __ __ one's all (Really tried)
12. Shades of Shamrocks
13. Feel
18. Register
22. "I Am __" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The __ __
27. Al __, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "__ __, crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby __ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, __.
59. "What's the __?"
60. Chart

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3								2
	9		3	7	8		6	
	7						3	
		2	1		3	7		
	3						8	
		1	7		6	5		
	4						5	
	6		4	5	1		9	
8								6

Friday's Sudoku

1	9	4	2	8	6	5	7	3
5	3	2	1	9	7	4	6	8
6	8	7	3	5	4	1	9	2
9	2	5	6	1	3	8	4	7
7	6	3	8	4	9	2	5	1
4	1	8	5	7	2	6	3	9
8	7	9	4	6	1	3	2	5
3	4	1	9	2	5	7	8	6
2	5	6	7	3	8	9	1	4

Today
-7°/-13°
Sunny

Tuesday
-2°/-8°
Variable

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square

DEREK CARDIGAN
7003 BLACK

Always cool, this square frame adds just the right amount of edge

semi-rimless

DEREK CARDIGAN
7010 BROWN TORTOISESHELL

the vintage detailing of this frame evokes a playful, boyish vibe

round

DEREK CARDIGAN
7012 BLACKOUT

with throw back character, this frame is all edge n matte black

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